TO THE TEEN

NINETEEN TO GREATEEN

SOME LIFE LESSONS FOR A TEEN
FROM AN ELDER BUDDY

ALEX D ROX

PRESENTED BY
WORLD WELLNESS WAVE – CULTIVATING JOY, PEACE AND LOVE
(AN INITIATIVE OF ALEX D ROX)

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WORLD WELLNESS WAVE – CULTIVATING JOY, PEACE AND LOVE

A Message from the Heart

World Wellness Wave is not an organization; it is a living movement of awareness. A wave that begins in one heart and travels endlessly to another.

Its purpose is simple yet profound: to cultivate joy, peace and love in every corner of the world by awakening authenticity, compassion and oneness within each individual. Every word is a seed; a seed of betterment planted in the fertile ground of your mind and soul.

You are invited not only to read but to reflect, grow and share these waves forward.

Together, we are cultivating a world where wisdom flows freely, hearts heal naturally and kindness becomes our universal language.

Be the wave, spread the calm and live the love.

— World Wellness Wave

ABOUT ALEX D ROX

Alex D Rox is a seeker, explorer and writer devoted to awakening awareness and compassion through words.
His mission is to help people rediscover inner peace, happiness and purpose.

"I write not to teach or preach but to connect and reflect."

~ Alex D Rox

DEDICATED

To my lovely teen "***Shreya Adhikari***" (my niece) and all of beloved teens. You were cute tiny, now you are sweeteen and I hope this would help you to become a greateen.

With Love
Alex and Alexa

WHY THIS BOOK

As the author of this book, I poured my heart into every word, driven by a simple yet powerful feeling: **"If someone had told me these lessons or if I had learned them in my teenage years, I could have achieved success much earlier in life."** Life has a way of teaching us lessons through trials and errors, but wouldn't it be better if we could learn them earlier, guided by wisdom rather than struggle?

I also understand that sometimes parents want to teach their children these lessons but may not get the chance due to busy schedules, struggles of life, or simply not knowing how to express them. In the past, we had a beautiful tradition where grandparents shared life lessons wrapped in stories, teaching values and wisdom subtly yet profoundly. Sadly, this tradition is fading, leaving a gap in how life's essential lessons are passed down.

This book was born to fill that gap. It's written for every teen seeking guidance and every parent wanting to share valuable lessons but needing a gentle, thoughtful way to do so. A teen can read it on their own, or a parent can use it as a storybook to spark meaningful conversations. I recommend, not to read whole book at once as it's always better to understand and plan to implement in general life, and after completing the book once, keep on coming back to this book and read it over and over again.

Finally, a humble request to you, dear reader: if this book helps you or inspires you in any way, please pass it on to someone who might need it. Your one small gesture could be life-changing for someone else. Let's spread these lessons, helping teens and parents everywhere build lives filled with wisdom, joy, and success. This is a short eBook, so you can get it printed then you can keep a copy with you and pass one copy to your beloved one.

Most probably, someone has shared this eBook with you as a free gift. I haven't crafted this book to make money; my only intention behind crafting this book is to share my experiences and cultivate your curiosity as a reader. And actually, **this eBook isn't free; it's very expensive, and as its cost, you have to "pay attention"**.

Thank you for being part of this journey and for sharing this message of hope and learning.

Alex D Rox

THE NINETEEN BUILDING BLOCKS

1. YOU'RE WISER THAN YOU KNOW
2. TURN ANY DREAM INTO REALITY
3. SEEK KNOWLEDGE, NOT JUST BELIEF
4. DESTINY IS THE SUM OF YOUR ACTIONS AND DECISIONS
5. GOOD FRIENDS AND COMPANY SHAPE YOUR PATH
6. LEARN FROM MISTAKES, NEVER REPEAT THEM
7. GLASS CAN ALSO SHINE AS DIAMOND
8. TURN TRIALS INTO WISDOM, AVOID ADDICTION'S TRAP
9. BE OPEN WITH PARENTS, GUARDED WITH OTHERS
10. BE THE BRAND YOU ADMIRE
11. DON'T STOP UNTIL YOU SUCCEED
12. LEVEL UP TO RISE HIGHER
13. LIFE IS A JOURNEY, NOT A RACE
14. FOCUS ON GROWTH, NOT VALIDATION
15. NOTHING LASTS FOREVER AND THAT'S OKAY
16. EMBRACE CHANGE AND ENJOY THE PRESENT
17. ART OF BALANCING IS THE ART OF LIVING
18. DON'T JUDGE, WE'RE ALL ON A JOURNEY
19. STAY GROUNDED WHILE REACHING FOR THE STARS

FINAL NOTE

1. "YOU'RE WISER THAN YOU KNOW"

In a peaceful village nestled by the mountains, there lived a boy named Aryan. He had a quiet talent for solving puzzles, a skill that made him happy but one he kept hidden. Aryan was afraid others might laugh at him or think he wasn't good enough. Every year, the village hosted the Great Maze Challenge—a legendary event said to test wisdom and courage. The maze was enormous, with towering walls and endless twists. It was said that whoever solved it would earn the title of the village's "Wise One." Many entered the maze, but none had ever succeeded. This year, Aryan's best friend, Mayra, was excited about the challenge. "You should enter!" she said one evening as they sat under the stars.

Aryan shook his head. "I'm not strong or smart like the others. I'll never make it through."

Mayra smiled. "Aryan, solving puzzles is what you love. It's not about being the strongest—it's about trusting yourself. The wisdom you need is already inside you. You just have to believe it."

The next morning, the village square was buzzing with excitement as contestants prepared for the challenge. Aryan hesitated, watching the confident participants step forward. Mayra gave him a reassuring nod, and with trembling hands, Aryan joined the line. The maze was even more intimidating up close. Its high walls loomed over him as he stepped inside. At first, Aryan felt overwhelmed. The paths seemed endless, and he quickly hit several dead ends. Discouraged, he sat down, wondering if he should quit like so many others had. But then, he remembered Mayra's words. Closing his eyes, he thought back to the simple puzzles he'd solved as a child. Back then, he had always paused, reassessed, and tried again. "What if I approach this maze the same way?" he thought.

With renewed focus, Aryan got up and began to navigate the maze. Every dead end became a lesson, every wrong turn an opportunity to adjust. Slowly but surely, he started to see patterns and paths he hadn't noticed before. His confidence grew with each step forward.

As the sun dipped below the mountains, Aryan noticed a faint light ahead. His heart raced as he followed it, and soon, he reached the center of the maze. Standing there, he felt a wave of triumph and disbelief.

When Aryan emerged from the maze, the villagers erupted in cheers. The elders approached him with smiles. One placed a hand on his shoulder and said, "Aryan, the wisdom to solve the unsolvable was always within you. Today, you uncovered it."

Aryan beamed, realizing the maze had been more than a challenge—it was a journey of self-discovery. He understood that his fears had been the real obstacle, not the maze itself. From that day forward, Aryan no longer doubted his abilities. He learned to trust himself and face challenges with confidence.

The Essence: We often underestimate our abilities, letting self-doubt cloud our potential. Just like Aryan, teens stepping into new realms of life need to believe in themselves. Challenges are not meant to defeat you—they are designed to reveal the wisdom and strength you already carry within. Let this lesson remind you: no matter how tough the path, you are wiser than you think. Trust yourself, and the answers will unfold. (Go To Index)

2. “TURN ANY DREAM INTO REALITY”

In a bustling city filled with noise and chaos, there lived a girl named Aanya. Her tiny house stood at the edge of the city, where dreams were often considered luxuries. Yet, Aanya’s heart brimmed with aspirations—she wanted to become a famous pianist. Every night, as she gazed out of her small window, she imagined herself performing on a grand stage, under dazzling lights, her music captivating the world. But reality was harsh. Aanya’s father worked as a taxi driver, barely earning enough to make ends meet. Buying a piano was out of the question, and Aanya had never even touched one. Her mother often reminded her of the struggles they faced, saying, “Aanya, dreaming big is fine, but don’t forget where we come from.”

One evening, while returning from school, Aanya heard melodious music flowing from a neighbor’s house. Curious, she peeked through the window and saw an old man playing a worn-out keyboard. She stood mesmerized until the man noticed her. “Come in, young one,” he said with a kind smile. The old man, Mr. David, was once a musician himself but had retired due to health issues. When Aanya shared her dream, he chuckled softly. “Dreams are like seeds,” he said. “If you nurture them with effort, they grow into magnificent trees. Would you like to learn?” From that day onward, Aanya visited Mr. David every evening. His keyboard was missing a few keys, and some notes sounded off, but it didn’t matter. Aanya’s enthusiasm lit up the room as she practiced tirelessly. At first, her fingers stumbled, but with each passing day, her confidence grew.

One day, Mr. David told her about a music school offering scholarships to talented students. The thought thrilled Aanya, but doubt crept in. “I’m just a beginner. How can I compete with trained musicians?” Mr. David placed a reassuring hand on her shoulder. “It’s not about where you start, Aanya. It’s about where your heart takes you.”

The day of the audition arrived. Aanya stood backstage, her hands trembling as she heard the flawless performances of other contestants. Her turn came, and as she stepped onto the stage, she closed her eyes and took a deep breath. She played not just with her hands but with her soul, pouring her dreams and hard work into every note. When the performance ended, the room was silent for a moment before erupting into applause. Aanya had won the scholarship.

Years later, Aanya performed on the grandest stage in the country. Her music echoed across the hall, touching hearts and inspiring countless others. After the performance, a journalist asked her, “What’s the secret to achieving your dream?”

Aanya smiled and said, “The universe didn’t see my limitations. It only saw my belief, effort, and passion. When you truly believe in your dream and work tirelessly, the universe aligns to make it happen.”

The Essence: Every teen has dreams, but challenges and limitations can make them feel small. Like Aanya, you must remember that the infinite universe is always with you, holding unlimited possibilities. When you pair your dreams with belief and relentless effort, the universe conspires to help you succeed.

Never let fear or doubt stop you. Dream big, work hard, and trust that the universe has your back. Any dream that’s good for your future can—and will—come true if you believe and act on it. (Go To Index)

3. “SEEK KNOWLEDGE, NOT JUST BELIEF”

In a beautiful town surrounded by rolling hills, there lived a curious girl named Kayla. She had a habit of asking questions about everything. "Why is the sky blue?" "How do birds fly?" "Where does the river go?" While her curiosity was boundless, most people around her shrugged and said, "That’s just the way it is." Over time, Kayla stopped questioning and began accepting what she was told.

One day, a traveling storyteller named Calvin came to the town square. His tales were captivating, filled with wonder and wisdom. Kayla listened intently as he spoke of distant lands, ancient inventions, and people who changed the world by daring to question what others merely believed.

After the storytelling ended, Kayla approached Calvin with a question that had puzzled her for years: "Why does the moon change shape?"

Calvin smiled and replied, "What do you believe?"

Kayla hesitated. “Some say it’s magic; others say it’s a trick of the gods.”

Calvin nodded. "But what do you know about it?"

Kayla realized she had never tried to find the answer herself. Seeing her thoughtful expression, Calvin handed her a small telescope. “Seek the answer. Watch the sky every night, and the moon will reveal its secrets to you.”

Inspired, Kayla began observing the moon. She noticed how it seemed to grow and shrink, realizing it was not changing shape but simply reflecting the sun’s light as it orbited Earth. Each night, she sketched her observations, piecing together the truth.

A month later, Kayla ran to Calvin, brimming with excitement. “I figured it out! The moon doesn’t change shape—it’s a reflection of light, and its position makes it look different!”

Calvin beamed. “You see, Kayla, belief may give comfort, but knowledge gives power. When you seek the truth, you grow wiser and stronger.”

From that day on, Kayla embraced her curiosity, determined never to stop seeking knowledge. She understood that the answers she uncovered would help her make better decisions and see the world more clearly.

The Essence: Belief is a starting point, but knowledge is the path to growth. Always question, explore, and seek the truth. Learning empowers you to make informed choices and opens doors to endless possibilities. Don’t settle for what others say—find out for yourself and let knowledge guide you. (Go To Index)

4. “DESTINY IS THE SUM OF YOUR ACTIONS AND DECISIONS”

In a quiet village by the river, there lived two brothers, Arjun and Veer. Both dreamed of becoming great boatmen, admired for their skill and bravery. Their father, a retired boatman, often said, “Your destiny lies in your own hands. It is shaped by the choices you make and the actions you take.”

One day, the village announced a grand race across the river. The winner would be honored with the title of “Master of the Waters.” Arjun was confident and believed luck would guide him to victory. Veer, on the other hand, decided to prepare diligently.

For weeks, Veer spent time observing the river’s currents, learning its hidden patterns. He practiced rowing daily, even in harsh weather, and repaired his boat to make it sturdy and swift. Meanwhile, Arjun laughed at Veer’s efforts. “Why waste time? The river will decide my fate,” he said, spending his days lounging under the shade.

The day of the race arrived. The villagers gathered at the riverbank, cheering as the boats lined up. When the race began, Arjun started strong, relying on his natural skill, while Veer rowed steadily, guided by his preparation.

Midway through the race, the river’s current grew stronger, and obstacles appeared—hidden rocks, swirling eddies, and sudden gusts of wind. Arjun, unprepared for the challenges, struggled to keep his boat steady. He panicked, making hasty decisions that caused him to lose control.

Veer, however, remained calm. He used his knowledge of the river’s patterns to navigate safely, avoiding obstacles with precision. His practice and preparation paid off, and he crossed the finish line first, greeted by the villagers’ applause.

After the race, Arjun approached Veer and said, “You were right, brother. Luck alone wasn’t enough. Your hard work and wise decisions made the difference.

Their father, watching proudly, added, “Remember, sons, destiny isn’t written in the stars. It’s written by the choices you make and the effort you put in. Every action you take shapes your future.”

From that day forward, both brothers understood that while dreams and luck have their place, it is thoughtful decisions and consistent actions that truly determine one’s destiny.

The Essence: Your destiny is not something that happens to you—it is something you create. Every action you take and every decision you make shapes your future. Work hard, prepare well, and choose wisely, for these are the tools that craft the life you desire. (Go To Index)

5. "GOOD FRIENDS AND COMPANY SHAPE YOUR PATH"

This is a story of a boy named Ahmed who was at a crossroads in life. Ahmed was talented and kind-hearted, but he often found himself influenced by the company he kept. Ahmed had two close friends: Vihaan and John. Vihaan was a book lover, always encouraging Ahmed to read and learn new skills. John, on the other hand, loved wasting time on gossip and distractions.

One day, Ahmed shared his dream of becoming a musician. Vihaan gifted him a book on music theory and said, "This will guide you. Also, why not practice with my old guitar?" John scoffed, saying, "Why bother? Dreams like that are for people with time and money. Let's hang out instead!"

Ahmed, torn between the two, decided to spend equal time with both friends. On the days he spent with Vihaan, he practiced guitar, read about music, and felt inspired. Vihaan often encouraged him to join local music workshops and introduced him to other aspiring musicians who shared their knowledge and experiences. These interactions made Ahmed even more determined.

On the days he was with John, hours slipped away in idle chatter, playing games, and wandering the town aimlessly. John would often mock Ahmed's dedication, saying, "Why work so hard? Life is meant for fun, not stress!" Slowly, Ahmed noticed a pattern—his progress halted whenever he spent too much time with John.

Months passed, and an opportunity arose: a music competition at the town's annual fair. Vihaan urged Ahmed to enter, saying, "This is your moment! Show the world what you've been working on." John laughed, "You? Compete? Don't embarrass yourself."

Ahmed hesitated but remembered the progress he'd made with Vihaan's support. Gathering courage, he practiced day and night. Vihaan helped him refine his performance and even stayed up late to cheer him on during practice.

On the day of the competition, Ahmed performed a melody he had composed himself, inspired by his journey. His fingers danced on the guitar strings, and the music resonated with the crowd, moving some to tears.

The crowd erupted in applause, and Ahmed won first prize. When he looked for his friends, Vihaan was there, cheering proudly. John was nowhere to be seen.

Later, Vihaan said, "Ahmed, your success isn't just about talent. It's about who you choose to surround yourself with. Good company lifts you, while poor company holds you back."

Ahmed realized the truth of Vihaan's words. From then on, he surrounded himself with positive influences—not just friends but books, music, and hobbies that helped him grow. He joined a music club and started teaching younger kids, further solidifying his passion and purpose.

The Essence: Your company profoundly influences your journey. Choose friends and surroundings that uplift, inspire, and guide you toward your goals. Good company isn't limited to people—it includes books, hobbies, and activities that enrich your mind and soul. Surround yourself wisely, and watch your life flourish. (Go To Index)

6. "LEARN FROM MISTAKES, NEVER REPEAT THEM"

There was a young girl named Jasmin who loved baking. She dreamed of becoming a renowned pastry chef one day, but she was just starting to learn the basics. Jasmin's first attempt at baking a cake turned into a disaster—she confused salt with sugar, and her cake tasted awful. Embarrassed, she wanted to quit, but her grandmother encouraged her.

"Jasmin, mistakes are the best teachers," her grandmother said. "Try again, and this time, pay attention to every step. Remember, even the greatest chefs started with burnt crusts and lumpy dough." Determined to improve, Jasmin studied recipes carefully. She baked another cake, but this time, she left it in the oven too long, and it burned. Frustrated, she sighed, "Maybe I'm just not good at this."

Her grandmother smiled and said, "Do you think great chefs never make mistakes? They've just learned not to repeat them. What did you learn this time?" Jasmin realized she needed to set a timer and keep an eye on her cake. On her third attempt, she still made a small mistake—she forgot to preheat the oven, and the cake didn't rise properly. But this time, instead of giving up, she laughed, saying, "I'm getting closer!"

One day, while trying to perfect her frosting technique, Jasmin accidentally knocked over a jar of vanilla extract, spilling it into the batter. She thought she had ruined the mix, but when the cake was done, it had a unique and delightful flavor. Her grandmother tasted it and exclaimed, "Sometimes, accidents lead to brilliance! You just invented something extraordinary."

As weeks passed, Jasmin kept practicing. With each mistake, she learned something new: measuring ingredients correctly, preheating the oven, and even experimenting with flavors. Her confidence grew, and she began adding her own twists to traditional recipes.

Finally, she baked a cake that was not only perfect but also unique—it had a blend of spices and flavors that no one in the town had ever tasted before. Word spread quickly, and soon, people from neighboring villages came to taste Jasmin's creations.

One day, a renowned chef from the city visited her. After tasting her cake, the chef said, "This is incredible. How did you become so skilled?" Jasmin replied with a smile, "It's because I made so many mistakes. Each mistake taught me something valuable, and I never repeated the same one twice. Every error was a stepping stone to something better."

The townspeople were amazed, and Jasmin became known for her creativity and persistence. She even started teaching baking classes, encouraging others to embrace their mistakes and keep learning. Her journey inspired everyone in the town to see errors not as failures but as opportunities.

Years later, when Jasmin opened her own bakery, she named it Sweet Lessons to honor the experiences and mistakes that shaped her success. Above the entrance, she placed a sign that read: "Every great creation starts with a few broken eggs."

The Essence: Mistakes are a natural part of learning and growing. Every mistake carries a lesson—embrace it, learn from it, and move forward. But remember, the key to progress is not repeating the same mistake. Life is your teacher, and every mistake is an opportunity to gain experience and wisdom.
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7. “EVEN GLASS CAN ALSO SHINE AS DIAMOND”

In New York city, there was a young boy named Richard who lived with his family in a modest house. One day, while walking home from school, he saw a dazzling shop window filled with shiny gadgets, expensive jewelry, and bright, sparkling decorations. Among all the things displayed, a gold necklace caught his eye. It glittered so brightly under the shop's lights that Richard couldn't resist going inside to take a closer look.

As he entered the shop, the owner greeted him with a warm smile and showed him the necklace. “This is a rare, exquisite piece,” the shopkeeper said. “Only a few in the world possess such beauty. A perfect choice for someone like you!”

Richard, enchanted by the necklace's beauty, was eager to buy it. However, he didn’t have enough money, so he borrowed the amount from his savings and even promised to repay a friend. The shopkeeper wrapped the necklace and handed it over with a flourish.

When Richard arrived home, he showed his family the necklace, expecting them to be impressed. But his father’s expression changed when he saw it. “Richard,” his father said gently, “this looks beautiful, but have you checked if it’s real gold?”

Richard felt a little embarrassed. He hadn’t considered that. The necklace was so shiny, so perfect, that he hadn’t thought to question it. His father smiled and said, “Remember, son, sometimes things that glitter aren’t always what they seem. Let’s find out if this is really gold.”

The next day, Richard and his father went to a trusted jeweler, who quickly examined the necklace. To their surprise, the necklace was not made of gold at all. It was just a piece of polished glass coated with a thin layer of gold-colored paint. It wasn’t valuable at all. Richard was devastated.

"Why didn’t I think of that?” Richard said, shaking his head. “It was so shiny; I thought it was the best.”

His father put a hand on his shoulder and said, “The world is full of things that sparkle and shine. But not everything that glitters is gold. Sometimes, the things that appear perfect on the outside can be empty or even harmful on the inside.”

Richard learned a valuable lesson that day. He realized that just because something looks good doesn’t mean it’s right for him. The glitter and sparkle could be misleading. He learned to think twice, to be cautious, and to question things before jumping in—whether it was an expensive necklace or a tempting shortcut in life.

Richard returned to the shop, returned the necklace, and took his money back. He never forgot his father’s words, and from that day on, he looked beyond appearances and learned to seek out what was truly valuable.

The Essence: Not everything that shines is valuable. In life, many things may appear attractive and perfect on the surface, but they could be misleading. It’s important to take the time to check and confirm before diving in, as what seems great now might lead to obstacles in the future. Always seek the truth beyond appearances, and be careful about what you’re drawn to. (Go To Index)

8. "TURN TRIALS INTO WISDOM, AVOID ADDICTION'S TRAP"

Bella was a curious girl with a passion for exploring new things. One day, she discovered the fascinating world of her smartphone. At first, it was just for practical things like texting, checking the weather, or looking up facts. But soon, she found herself scrolling endlessly through social media, chatting with strangers, and watching random videos.

It didn't seem like a big deal at first, but over time, Bella started to notice a shift. She stopped hanging out with her friends as much, her grades slipped, and her focus wavered. Even when she was physically present with her friends or family, her mind was consumed by the endless cycle of phone notifications and scrolling.

One evening, Tina, Bella's best friend, noticed how distracted Bella had become. "Bella, we need to talk," Tina said. "I miss hanging out with you. It's like you're always on your phone. What's going on?"

Bella looked up, realizing how much Tina had been right. "I don't know, Tina. It started out fun, just chatting and scrolling, but now I can't stop. I'm always either on social media or chatting with people I barely know. I'm wasting time, but I don't know how to stop."

Tina took a deep breath and spoke gently, "Bella, the problem isn't your phone. It's how you're using it. Phones can be a great tool for learning and staying connected, but if you're spending hours just scrolling or talking to strangers, you're letting it take over your life. You're missing out on real experiences, and it's affecting everything else."

Bella felt a lump form in her throat, realizing how much she had neglected her goals and dreams. "I've been avoiding my responsibilities, I guess. It's like I've become addicted to the distraction."

Tina nodded in understanding. "I get it. Phones and technology aren't bad on their own. It's all about how you use them. You can use them to learn, explore new hobbies, or connect with people who lift you up. But mindless scrolling? That's just an escape, and it doesn't bring anything meaningful to your life."

Bella sat quietly, thinking. She realized Tina was right. She had been letting distractions control her, and now it was time to take charge. The next day, Bella set limits on her phone usage. She made a plan to spend more time reading, learning, and meeting her friends in person. Slowly, she regained focus and direction. Her grades improved, her confidence grew, and she started feeling more connected to her true self.

One day, while taking a break from her phone, Bella looked around and smiled. She had learned that her trials and distractions had turned into wisdom. Now, she was using her phone and time in ways that helped her grow.

The Essence: Phones and technology are not the problem. It's how you use them that matters. You can use your phone to learn, read, and explore valuable things, but wasting time on social media, chatting with strangers, or consuming useless content harms your mental health and future. Avoid any addiction, whether it's to your phone, video games, or anything else that takes away from what truly matters. Turn your trials into wisdom and make better choices for a balanced, meaningful life. (Go To Index)

9. "BE OPEN WITH PARENTS, GUARDED WITH OTHERS"

Sameer, a 16-year-old teenager, was an ambitious boy who dreamed of becoming a great artist. He spent hours sketching, painting, and practicing his craft. However, his parents, especially his father, didn't understand his passion. They wanted him to focus on academics and secure a stable future. His father often scolded him, saying that art wouldn't pay the bills, and Sameer grew frustrated and upset.

One day, Sameer found himself in a situation that made him feel even more distant from his parents. He had made a mistake—he had borrowed money from a friend to buy expensive art supplies, thinking it would help him improve. But his friend, who had promised to lend him the money, suddenly turned on him, demanding repayment with double of amount. Sameer felt trapped, embarrassed, and didn't want to tell his parents because he feared they would scold him more. Instead, he kept the whole situation to himself, feeling the pressure build with each passing day. He tried to fix it on his own, but the more he kept hidden, the worse it got. The stress of keeping this secret from his parents affected his work and his health. He couldn't focus on his art or anything else. Finally, one evening, his mother noticed how distressed he looked.

"Are you okay, Sameer?" she asked gently, sensing something was wrong.

Sameer hesitated but then realized that his mother would understand better than anyone. "Mom, I've made a mistake. I borrowed money from a friend to buy art supplies. But now, I can't pay him back, and he's demanding more than I can afford. I didn't know what to do, so I kept it from you."

His mother listened quietly, her face softening. "Sameer, you don't need to hide things like this from us. We may not always understand your choices, but we will always be here to help you when things go wrong. Your father and I love you more than anything. We want to protect you, even if it means guiding you through tough situations." Sameer looked up, surprised by her words. "But you always tell me to focus on studies, and you don't think art is practical. I thought you'd be disappointed in me."

His mother smiled kindly. "We don't want to control your dreams, Sameer. We want you to succeed in whatever you choose. But if you're ever in trouble, remember we're your best friends. You don't have to carry these burdens alone. When you share your problems with us, we can help you make better decisions."

The next day, Sameer sat down with his father, who, despite his strict demeanor, was more understanding than Sameer had realized. They worked together to find a way to repay the money and fix the situation with his friend. From that day forward, Sameer realized that no matter how difficult the situation or how strict his parents seemed, they were always there to help him. He learned that hiding his problems only made them worse and that his parents, even if they didn't always agree with him, were his best allies.

The Essence: Parents may not always understand everything you want to do, but their love and concern for you are unmatched. They will always want the best for you. Whatever you feel embarrassed or scared to share with them is likely something that can be corrected or resolved with their help. Be open with your parents and share your struggles, even if it seems hard at first. Hiding problems only makes them bigger. Parents are your true protectors, and the longer you hide things, the harder it will be to face them. (Go To Index)

10. “BE THE BRAND YOU ADMIRE”

In a crowdy town of Harmonyville, a teenager named Jennifer was known for her fascination with high-end brands. She admired luxury bags, expensive watches, and designer outfits. Her room was filled with posters of celebrities flaunting their glamorous lives. Jennifer often thought, If only I had those things, I’d be admired like them.

One day, her school announced a project competition. Each student had to create something unique that represented their talent. The winner would receive a scholarship and recognition at the town’s annual fair. Jennifer was excited but unsure what to create.

While brainstorming, she came across an old diary of her late grandfather, who had been a respected shoemaker. In his diary, he had written about how he worked tirelessly to perfect his craft, making each pair of shoes with love and care. Inspired by his dedication, Jennifer decided to design a line of custom sneakers that reflected her creativity and love for art.

Over the next few weeks, Jennifer poured her heart into the project. She worked late nights, sketching designs, painting shoes, and learning about materials. At times, she felt overwhelmed and even doubted herself, but she remembered her grandfather’s words from the diary: “True greatness is built on small, steady steps of hard work.”

Jennifer also started focusing on herself, waking up early for yoga, eating healthy, and journaling her thoughts. She reminded herself that being a brand wasn’t just about creating products but about becoming the best version of herself—someone she admired. Slowly, she realized that self-love and growth were key to her journey.

On the day of the competition, Jennifer showcased her sneakers, explaining the story behind each design. The judges were impressed by her originality, passion, and effort. She won first prize and received a standing ovation.

Afterward, a journalist asked her, “Jennifer, who inspired you to create this brand of yours?”

Jennifer smiled and replied, “I used to admire big brands and think they were out of my reach. But I realized that behind every brand is a story of hard work, discipline, and growth. My grandfather’s dedication inspired me to start small, work hard, and create something meaningful. Along the way, I also learned to love myself and work on becoming the kind of person I admire. Instead of just wearing a brand, I decided to become one.”

From that day, Jennifer’s sneakers became a symbol of creativity and resilience in her town. More importantly, she learned that being admired wasn’t about what you owned but about what you created, how you grew, and the love you invested in yourself along the way.

The Essence: Admiring big brands or celebrities is natural, but don’t just be influenced—be inspired. Behind every great name is a journey of hard work, discipline, and consistent progress. Instead of just seeking to own what others have, focus on building your own path to success. Strive to become the brand or name you admire by working steadily toward your goals and investing in self-love. Never underestimate yourself and work on yourself and grow into a person you’d look up to—your greatest asset is you. (Go To Index)

11. “DON’T STOP UNTIL YOU SUCCEED”

In a calm village, there lived a 15 years old boy named Ravi who dreamed of becoming a runner. He admired the local marathon champions and often imagined himself holding the winner’s trophy. But Ravi’s first attempt at running didn’t go as planned. He stumbled, got tired, and finished last in his school’s annual race. Disheartened, he thought, Maybe I’m just not good enough.

Ravi’s grandfather, an old farmer, noticed his disappointment and said, “Let me tell you a story, Ravi. See that mango tree in our backyard? It gives us the sweetest fruits every year, but it wasn’t always this strong. When I first planted it, the seed struggled to sprout. Strong winds almost uprooted it, and there were times it didn’t grow at all. But I didn’t give up on it. I kept watering it, caring for it, and eventually, it grew into the tree you see today. Success is like that tree—it needs time, care, and persistence.”

Inspired by his grandfather’s words, Ravi decided to try again. Every morning, he woke up early to train. At first, his legs ached, and he felt like giving up. But each time he wanted to quit, he remembered the mango tree and his grandfather’s advice. Slowly, he improved. He learned to pace himself, eat healthier, and breathe correctly while running.

During his training, Ravi faced several obstacles. There were days when the rain made the roads slippery, and he had to run barefoot through the mud. On some mornings, the cold air made his chest burn, and his friends teased him for trying so hard. Yet, Ravi kept going, motivated by the thought that every step brought him closer to his dream. He also began to inspire others in the village, including younger kids, who joined him in his early morning runs.

A year later, the village hosted its annual marathon. Ravi participated, not expecting to win but determined to finish the race. As he ran, he faced challenges—steep hills, cramps, and faster competitors. But instead of giving up, he kept reminding himself, One more step. Don’t stop. When he crossed the finish line, exhausted but smiling, the crowd erupted in applause. Ravi had finished second, but in the eyes of the villagers, he was already a champion.

After the race, a journalist asked him, “Ravi, how does it feel to come so close to winning but not quite there yet?”

Ravi smiled and replied, “This isn’t the end of my journey; it’s just the beginning. Each step I take, whether I win or lose, brings me closer to my goal. I’ve learned that failure is just a stepping stone, and success will come when the time is right.”

From that day, Ravi became a symbol of perseverance in Hope Valley. His story inspired others to keep pushing forward, no matter how tough the journey seemed. He often reminded his friends, “It’s not about winning or losing; it’s about never giving up and always believing in yourself.”

The Essence: Success is not about avoiding failure; it’s about learning from it and continuing to move forward. Failures and setbacks are part of the journey, teaching you valuable lessons and showing you that where to improve. The only way to truly fail is to stop trying. Keep going, believe in yourself, and remember that every small step brings you closer to your goals. Never give up—your success will arrive when you’re ready for it. (Go To Index)

12. “LEVEL UP TO RISE HIGHER”

Once there lived a girl named Alisha who had just won a prestigious school competition in creative writing. She was overjoyed and celebrated her success with her family and friends. For weeks, she basked in the praise, convinced that she had reached the pinnacle of her abilities.

One day, her teacher, Mrs. Smith, handed her a flyer for a national-level writing contest. “You’ve done well, Alisha, but this could be your next big step,” she said with a warm smile.

Initially, Alisha felt confident. If I won the school contest, this one should be easy, she thought. But as she started preparing, she realized the competition was far tougher. The themes were more complex, the word limits stricter, and the expectations sky-high. Her initial drafts didn’t feel as strong, and she grew frustrated.

"I’ve already proven myself," Alisha complained to her mother. “Why do I need to go through this again?”

Her mother replied, “Alisha, success isn’t a final destination; it’s a journey. Every achievement is a new beginning. Think of it as leveling up in a game. You’ve conquered one stage, but there are more challenges waiting to make you even better.”

Motivated by her mother’s words, Alisha decided to work harder. She spent weeks refining her writing skills, reading books, and learning from her mistakes. She also reached out to her teacher for feedback and incorporated new techniques into her work. Slowly but surely, she began to notice improvement.

On the day of the national contest, Alisha felt nervous but prepared. When the results were announced, she placed third. Though she didn’t win first place, she felt a deep sense of accomplishment. Her writing had reached a level she never thought possible.

Mrs. Smith congratulated her and said, “Alisha, this is just the beginning. With every challenge, you’ll discover new strengths and learn valuable lessons. Remember, even the top place is never permanent—it’s what you do after reaching it that truly defines you.”

Inspired by her experience, Alisha made self-improvement her lifelong habit. She realized that every challenge, whether she succeeded or not, was an opportunity to grow. She began to seek out competitions, workshops, and projects, not for the accolades but for the joy of becoming a better version of herself.

Years later, Alisha became a renowned author, admired for her talent and dedication. When asked about her journey, she said, “Success isn’t about staying at the top; it’s about constantly striving to reach higher. Each level demands more effort, and the beauty lies in the process of growth.”

The Essence: Both failure and success are temporary milestones on the journey of life. What matters most is your commitment to continuous self-improvement and development. Opportunities are endless if you’re willing to learn and grow. The top is always vacant, waiting for those who consistently strive to become better versions of themselves. Keep leveling up and rising higher. (Go To Index)

13. “LIFE IS A JOURNEY, NOT A RACE”

In a big metropolitan city, there lived a boy named Rihaan. Rihaan was a bright student and an excellent athlete, but he always felt the need to prove himself. His days were filled with constant comparisons. Whether it was grades, sports, or hobbies, Rihaan always looked at what others were doing and tried to outdo them.

One day, the school announced a hiking trip to the Rainbow Hills. It wasn’t a competition, just an excursion to enjoy nature. But Rihaan couldn’t resist turning it into a personal race. “I’ll be the first to reach the top,” he declared to his friends. As the hike began, Rihaan sprinted ahead, ignoring the scenic beauty around him. The lush greenery, the chirping of birds, and the gentle breeze went unnoticed as his focus remained solely on reaching the summit before anyone else.

Halfway through, he saw his classmates pausing by a crystal-clear stream. They were laughing, splashing water, and taking pictures. A little girl pointed excitedly at a butterfly, its wings shimmering with all the colors of the rainbow. “Why waste time?” Rihaan muttered to himself and kept climbing, missing the charm of the tiny miracles around him.

When Rihaan finally reached the top, he raised his arms in victory—but the peak felt empty. There was no one to cheer with, no shared joy, and no sense of connection. The view, though magnificent, felt lonely. He looked down and saw his friends far below, still enjoying the journey. They were singing, chatting, and marveling at the wonders of the trail.

It wasn’t until his teacher, Mr. Sharma, reached the summit that Rihaan realized he had missed something important. “Sir,” Rihaan asked hesitantly, “I made it here first, but why does it feel like I didn’t win anything?”

Mr. Sharma smiled and said, “Rihaan, life isn’t about who gets to the top first. It’s about the experiences you gather along the way. The laughter, the moments of awe, the friendships—those are the true treasures of any journey. You climbed fast, but you forgot to live in the moment.”

As Mr. Sharma spoke, Rihaan looked around again. The peak was breathtaking, but it could have been so much more meaningful if he had shared it with his friends. Suddenly, he remembered how he used to love spotting butterflies as a child and how the simple things had once made him happy.

When his classmates finally joined him, they brought stories of the stream, the wildflowers they found, and the birds they saw. One of them handed him a small pebble shaped like a heart they found on the trail, saying, “We picked this for you, Rihaan. We thought you’d like it.” Rihaan listened with a smile, realizing he had been so focused on the destination that he’d missed the beauty of the journey. From that day, Rihaan changed his perspective. He started enjoying the little moments—watching sunsets, listening to music, and laughing with his friends. He stopped comparing himself to others and focused on his own growth and happiness.

Years later, Rihaan often shared this story with others, saying, “The journey matters more than the destination. Don’t race through life; embrace every step, for those moments shape who you are.”

The Essence: Life is not a competition, and it’s not about who gets there first. It’s a journey filled with learning, growth, and joy. Stop comparing yourself to others and savor each moment. Sing, dance, laugh, and appreciate the beauty of life—it’s these experiences that make the journey worthwhile. (Go To Index)

14. “FOCUS ON GROWTH, NOT VALIDATION”

There was a girl named Zara who had a passion for painting. Her creations ranged from vibrant sunsets to serene landscapes, and each stroke of her brush was an expression of her emotions. Painting was her way of connecting with the world and herself.

However, Zara had developed a habit—she would eagerly share her artwork on social media, waiting for likes and comments to validate her talent. Every “heart” or comment felt like a measure of her success.

One day, Zara completed a painting close to her heart—a girl standing under a tree, reaching for the stars. It represented her dreams, struggles, and hopes. With excitement, she posted it online, expecting applause. But this time, the response was lukewarm. The likes were fewer, and one comment read, “It’s okay, but not your best.”

The words stung. Zara couldn’t shake off the disappointment. She stopped painting, feeling she wasn’t good enough. For days, her brushes lay untouched. Her younger brother, Kabir, noticed her change. One evening, he asked, “Why haven’t you been painting? It used to make you so happy.”

Zara sighed, “What’s the point? No one liked my last painting. Maybe I’m not as good as I thought.”

Kabir frowned, then fetched a kite they had made the previous summer. “Do you remember this?” he asked. Zara nodded. It had been a plain kite, nothing flashy, but it had soared higher than any other.

"People said it wasn’t colorful or pretty,” Kabir continued, “but it flew the best because we built it strong. It didn’t need to impress anyone; it just needed to do what it was meant to do.”

Zara stared at the kite, realizing its simplicity had been its strength. Kabir added, “You don’t need likes or comments to know your worth. Do you love your painting? Did it make you happy to create it?”

That night, Zara picked up her brushes again. This time, she painted without any intention of sharing or seeking approval. She let her creativity flow freely, focusing on the joy it brought her.

Months later, she entered an art competition—not to win but to challenge herself. She poured her heart into her work, and when her painting won second prize, she felt proud. Not because of the award but because she had grown as an artist.

When someone asked her about her success, Zara smiled and said, “Validation from others fades, but growth stays with you. I’ve learned to paint for myself, and that’s my greatest reward.”

From that moment, Zara approached her art—and life—with a renewed perspective. She no longer painted for applause but for the joy and fulfillment it brought her.

The Essence: Seeking validation from others can be exhausting and misleading because people often don’t understand your efforts or struggles. True satisfaction comes from evaluating your own growth and progress. Focus on becoming better for yourself, not for others’ approval, and you’ll find joy and fulfillment in your journey. (Go To Index)

15. “NOTHING LASTS FOREVER AND THAT’S OKAY”

Once in a small coastal village, there lived a girl named Mira. Mira loved the ocean—it was her escape, her sanctuary. Every morning, she would sit by the shore, watching the waves crash and retreat. She believed that the ocean was constant and unchanging, a perfect reflection of stability in her otherwise turbulent life.

One summer, Mira built a beautiful sandcastle near the shoreline. She spent hours perfecting it—adding intricate details, digging tiny moats, and decorating it with seashells. It was her masterpiece. Villagers stopped by to admire her work, and Mira felt a deep sense of pride.

But as the evening tide rolled in, the waves started to inch closer. Mira panicked, trying to protect her castle by building barriers of sand. But no matter how hard she tried, the waves washed over her creation, dissolving it grain by grain. By nightfall, her sandcastle was gone. Mira was heartbroken.

Seeing her tears, an old fisherman named Krishana approached and sat beside her. “Why are you so upset, child?” he asked gently.

"My castle is gone,” Mira sobbed. “I worked so hard on it, and now it’s like it never existed.”

Krishana smiled kindly. “Mira, do you see those waves? They come and go, never staying in one place. The ocean itself changes every moment. Nothing here is permanent—not your castle, not the tide, not even the sand beneath our feet. But that’s what makes life beautiful.”

Mira frowned. “How is that beautiful?”

"Because it teaches us to enjoy what we have while we have it,” Krishana replied. “Instead of clinging to what’s gone, we should embrace what comes next. The ocean will always give you more sand for another castle. Letting go doesn’t mean losing; it means making space for new joys.”

Over time, Mira began to see the wisdom in Krishana’s words. She continued building sandcastles, but now she enjoyed the process without fearing their loss. She found joy in the fleeting moments—how the waves sparkled under the sun, how the sand felt cool beneath her hands, and how each castle, though temporary, was uniquely her creation.

Years later, when Mira faced life’s ups and downs—losing a friend, missing an opportunity, or even moving away from her village—she remembered Krishana’s words. “Nothing lasts forever, and that’s okay,” she would tell herself. It gave her the strength to let go and welcome new beginnings with an open heart.

The Essence: Life is ever-changing, and nothing lasts forever—not happiness, not sadness, not even the challenges we face. Embracing impermanence allows us to let go, find peace, and appreciate every moment as it comes. Letting go isn’t the end; it’s the beginning of something new and beautiful. (Go To Index)

16. “EMBRACE CHANGE AND ENJOY THE PRESENT”

In Kolkata city, there was a teenager named Mahi who loved capturing every moment in her life through photos. From her childhood memories to her family vacations and random moments at school, her room was filled with photos that told the stories of her past. These photos were her treasure, and she would spend hours looking at them, reliving the memories.

One day, her best friend, Simran, invited her to a huge music festival that was happening in the city. "This is going to be epic! You can't miss it," Simran insisted. But Mahi hesitated. "What if it’s not as great as it sounds? What if something goes wrong?" she wondered.

Simran shook her head, a little frustrated. "Mahi, you're always stuck in the past, or thinking too much about the future. You’re missing out on all the fun in the present."

After a bit of persuasion, Mahi decided to go, though she wasn’t convinced it would be all that exciting. When they arrived at the festival, Mahi immediately started snapping photos of the stage, the crowd, and every little thing she could. She was so focused on capturing the moment that she wasn’t truly experiencing it. She looked at the crowd dancing, but her attention was fixed on her phone screen.

Then, a famous motivational speaker came to the stage and shared a message that struck Mahi deeply. “Life,” he said, “is like a piece of music. The beauty lies not in the beginning or the end, but in the notes, we play along the way. If you spend your life worrying about what’s behind you or what's ahead, you’ll miss the melody of now.”

Mahi felt as though the speaker was talking directly to her. She realized that she had been so focused on the past, trying to preserve every moment, or so caught up in worrying about the future, that she wasn’t truly living in the present.

The next day, Mahi decided to try something different. The next time she went out, she left her phone at home. When she went to the park with Simran, she didn’t snap any pictures, but instead, she took in the world around her— the laughter of children playing, the sound of birds singing, and the rustling of leaves in the wind. She started talking more, asking questions, and listening carefully.

She discovered that the more she lived in the moment, the more she felt alive. Her fears about the future started to melt away, and the regrets she had about things that went wrong in the past didn’t bother her anymore. The present was enough.

Over time, Mahi learned to embrace the changes in her life without fear. She understood that nothing lasts forever, and that was okay. It wasn’t about clinging to the past or worrying about what’s to come. The joy, the peace, and the opportunities were all right here, in the now.

Mahi still loved her photos, but now they were a way to remember the moments she’d fully lived, not a way to relive them. She had learned that the best way to honor life was to experience it in real-time, without distractions.

The Essence: The present moment is where life happens. Don’t let worries about the past or future hold you back from living fully. Embrace change, live in the now, and enjoy the beauty of each moment, because that’s where peace, joy, and growth can be found. (Go To Index)

SPALDING

17. “ART OF BALANCING IS THE ART OF LIVING”

There was a boy named Ayaan. He was known for being the best athlete in his school, excelling in football, basketball, and track. His friends admired his dedication to fitness, but Ayaan was always looking for more. He pushed himself harder every day, running longer distances, lifting heavier weights, and eating less to stay lean. His idea was simple: the more he did, the better he would become. But over time, his body began to feel the effects of his excessive efforts. He felt tired all the time, had trouble sleeping, and his once-joyful attitude started to fade.

One evening, Ayaan was talking to his grandfather, who was a wise old man known for his peaceful and balanced life. “Grandpa,” Ayaan complained, “I’m training harder than anyone, but I’m feeling more and more exhausted. I’m not sure what’s going wrong.”

Grandfather smiled kindly and said, “Ayaan, you have a strong spirit, but you’re missing something important. Life isn’t about ‘more.’ It’s about balance. It’s like a scale — when one side is too heavy, the other side can’t lift it. Your body needs rest just as much as it needs exercise. Your mind needs peace just as much as it needs activity. If you keep pushing yourself too hard, you’ll wear yourself down.”

Ayaan was confused. “But grandpa, I want to be the best. I want to keep pushing until I can do everything. Shouldn’t I give it all I’ve got?”

His grandfather nodded. “It’s good to be passionate, but remember, excess of anything — whether it’s work, food, or even happiness — leads to chaos. You have to find what’s enough. In life, balance is everything. Just like you balance your training with rest, you have to balance your joy with reflection, your work with relaxation, and your effort with time to recharge.”

The next day, Ayaan decided to give balance a try. Instead of pushing himself to his limits every day, he started listening to his body. He gave himself time to rest, focused on eating properly, and even made time to spend with his family and friends. He stopped overthinking and started focusing on the things that really mattered.

Weeks went by, and something incredible happened. Ayaan’s performance improved without the exhaustion. He was still the best athlete, but now he was more focused, calmer, and even happier. His physical and mental health improved, and his relationships grew stronger. He realized that balance wasn’t about doing less; it was about knowing when enough was enough.

One evening, after a long day, Ayaan sat with his grandfather and shared how much better he was feeling. “Grandpa, I get it now. Life is like a dance, isn’t it? It’s about moving with the rhythm, not pushing against it.”

His grandfather smiled and nodded. “Exactly, my boy. When you find balance in everything, that’s when life becomes truly enjoyable.”

The Essence: Balance is key to a peaceful, joyful, and healthy life. Avoid extremes in anything—whether it’s work, play, or emotions—because too much of anything leads to chaos. Find the right balance, and you’ll unlock the art of living better. (Go To Index)

18. “DON’T JUDGE, WE’RE ALL ON A JOURNEY”

This is a story of a boy, there was a teenager named Jack who had a reputation for being quite judgmental. He often made fun of his classmates for their mistakes, their differences, their look or the way they dressed. He didn’t understand why they couldn’t be more like him — confident, well-dressed, and always excelling in everything. One day, during lunch, Jack sat with his friend, Robin, who seemed a bit distracted. Robin’s clothes were a little out of date, and he appeared stressed. Jack couldn’t help but mutter under his breath, “Why can’t Robin be like everyone else? He’s always so behind.”

But then, something unexpected happened. Jack’s teacher, Mrs. Lily, called him over after class. “Jack, I’ve noticed you’ve been quick to judge your classmates. Do you know what Robin is going through?”

Jack, feeling slightly embarrassed, shook his head. “No, ma’am, but he just seems different from the rest of us.”

Mrs. Lily smiled gently. “Well, let me tell you something. Robin comes from a family that’s going through financial struggles. His father lost his job, and his mother is sick. Every morning, Robin helps take care of his younger siblings before coming to school. He doesn’t have the time to focus on appearances, but he works harder than most. Robin is fighting battles that you may not see. We all are. He’s not different from you, Jack. He’s just on his own journey.”

Jack was stunned. He had no idea about Robin’s struggles. He felt ashamed of his earlier thoughts and judgment. That evening, he sat with his parents, thinking about the lesson Mrs. Lily had shared. He realized that everyone around him had their own challenges, their own battles, and their own paths to walk. It wasn’t fair for him to judge them based on what he saw on the outside.

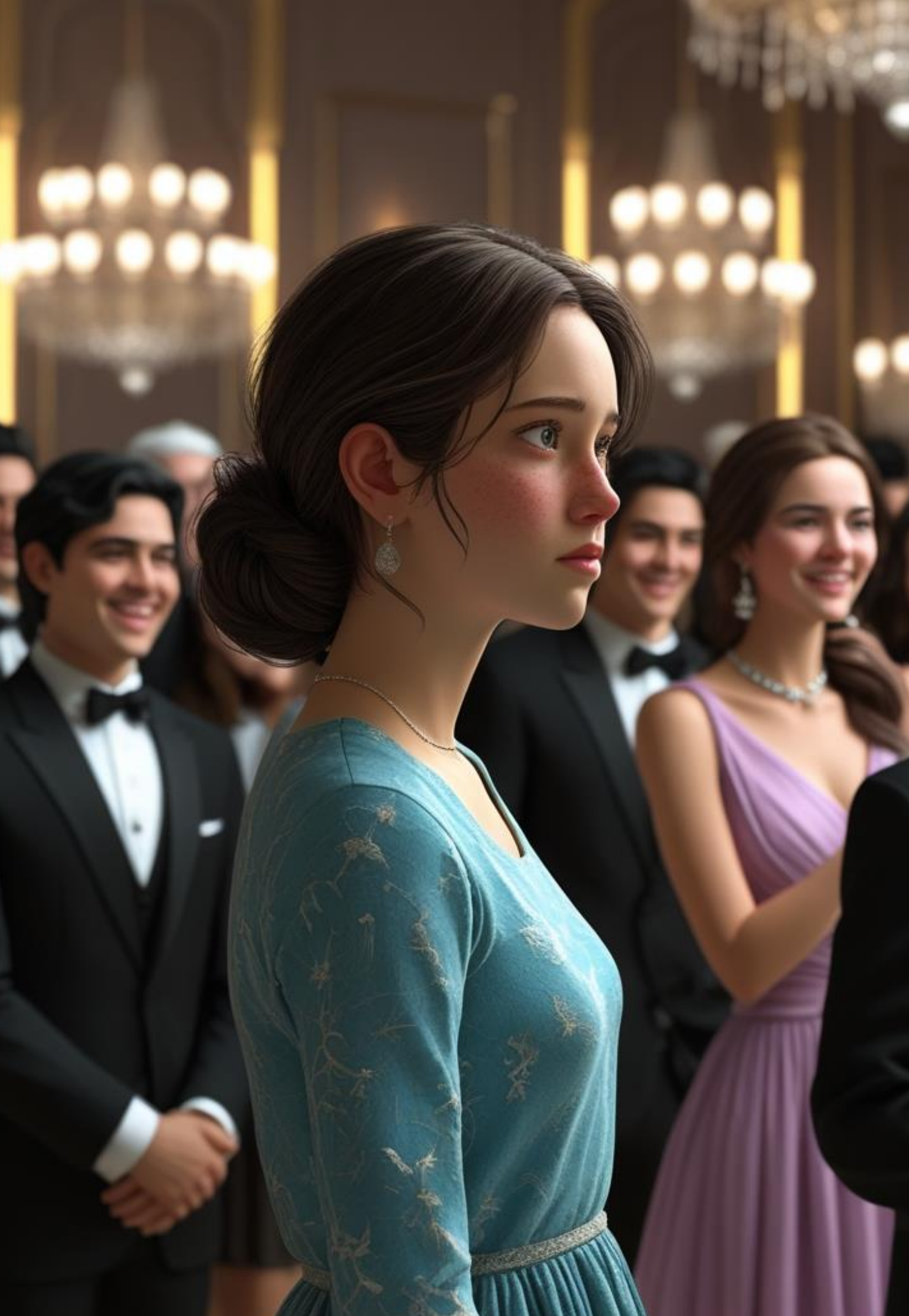
The next day at school, Jack found Robin sitting alone, reading a book. He walked over, sat down next to him, and said, “Robin, I just wanted to say that I’m sorry. I had no idea what you were going through. If you ever need someone to talk to or hang out with, I’m here.”

Robin looked up, surprised but grateful. “Thanks, Jack. I appreciate that. It’s been tough, but I’m getting through it.”

As they continued talking, Jack realized how much strength Robin had in the face of adversity. He didn’t have the same luxuries, but his heart was full of resilience. Jack felt inspired and began seeing the world differently. He understood that the struggles people face is often invisible, and the way they show up in the world might not reflect the challenges they’re battling inside.

From that day on, Jack learned to treat everyone with kindness and understanding. He stopped making assumptions and started supporting others in their own journeys. He realized that life wasn’t a race, and it wasn’t fair to judge anyone without knowing their story. He also began being kinder to himself, understanding that he too had his own struggles and challenges to face.

The Essence: Never judge others because you don’t know the full story. Everyone is on their own journey, facing their own challenges. Treat everyone with kindness and understanding, and support them just as you would want to be supported. Remember, we all have struggles, and we all fight different battles. Be kind, and always try to understand before judging. Life is a shared journey, and sometimes, the best way to move forward is by walking together. (Go To Index)



19. "STAY GROUNDED WHILE REACHING FOR THE STARS"

A few years ago, there was a young and ambitious girl Rosy, lived in a small town, but she had big dreams. She worked hard every day, studying late into the night and pushing herself to excel in everything she did. Over time, Rosy became well-known in her town for her achievements. She won awards, aced exams, and even caught the attention of big cities with her talent. Soon, people started looking up to her, and she began to feel like she was on top of the world.

As her success grew, Rosy's confidence turned into something else. She started to think she was better than others. She stopped listening to the advice of her friends and family, who had always supported her. Her once humble attitude began to shift, and her ego grew larger. Rosy started treating people as if they were beneath her, forgetting the struggles and sacrifices that had brought her to where she was.

One day, Rosy was invited to an important event in the city, where many successful people gathered. Rosy felt like this was her moment to shine and prove how far she had come. When she arrived at the event, she noticed some people from her past — her childhood friends and teachers — who had once helped her along the way. They were still humble, still the same, but Rosy walked past them without acknowledging them. She was too focused on her own image and making sure everyone noticed her.

As the night went on, Rosy noticed that the people she had ignored didn't seem affected. They were still content, chatting and enjoying themselves. On the other hand, Rosy began to feel a sense of emptiness inside. She was surrounded by success and luxury, but she felt alone. Suddenly, the host of the event, Mr. Steve, a successful entrepreneur who had built his empire from the ground up, stood up to speak.

He shared a story about his early days — how he started with nothing, worked hard, and made mistakes along the way. He spoke about how success had never been the goal for him, but the journey itself and the people who had helped him along the way were what mattered most. He mentioned how important it was to stay grounded, no matter how high you rise, because the true essence of success lies in how you treat others, not in what you have or how much attention you get.

Rosy listened intently. The more Mr. Steve spoke, the more she realized how far she had strayed from her roots. She had been so focused on the stars that she forgot about the ground beneath her feet — the people who had been there for her from the very beginning.

After the event, Rosy reached out to her old friends and teachers. She apologized for her behavior, acknowledging that she had let success get to her head. She thanked them for all the support they had given her, and this time, she truly listened to them.

Rosy learned that success is not about how high you go, but about staying connected to where you came from. No matter how far you reach, staying humble and grounded keeps you connected to the people and values that truly matter. Rosy realized that life is unpredictable, and no matter how high you fly, the ground will always be there to catch you — if you stay humble.

The Essence: Success should never change who you are. It's important to stay humble, remember your roots, and never forget the people who helped you along the way. Ambition is valuable, but it's the humility and kindness that will keep you grounded while reaching for the stars. No matter how high you go, always stay connected to the ground that supported you. (Go To Index)

FINAL NOTE

"GRATITUDE IS ALWAYS A RIGHT ATTITUDE"

First of all, thank you for reading this book and for taking the time to understand and implement its lessons in your life. Your commitment to self-growth and learning is truly commendable. It's a privilege to connect with you through these words, and I hope each chapter has added value to your journey.

Gratitude is one of the most powerful tools you can embrace to transform your life. It begins with appreciating the little things — the warmth of the sun, the laughter of a friend, the support of family, or even the quiet moments you spend with yourself. Often, we're so focused on what's missing or what's next that we overlook the abundance already present in our lives. Yet, it is this very act of being thankful for what we have now that invites more positivity, peace, and joy into our lives. Gratitude shifts our mindset from scarcity to abundance, helping us see the good that surrounds us, even in challenging times.

When you cultivate gratitude, you're not just acknowledging your blessings; you're opening your heart to receive even more. It's like planting seeds of positivity — the more you nurture them, the more they grow. Remember, the big achievements and dreams will come, but learning to be grateful for small victories today makes the journey worthwhile. Gratitude doesn't just make life happier; it makes it richer, more fulfilling, and deeply connected to the essence of what truly matters.

Take a moment now to think about something — or someone — you're grateful for. Say a silent thank you, and let that feeling fill you with warmth. Because when gratitude becomes your attitude, life unfolds in beautiful and unexpected ways.

So, thank you so much buddy for reading this book; may the abundance of success, joy and peace always be with you!

With Love
Alex D Rox and Alexa

(Go To Index)

PASS THE WAVE

"A candle loses nothing by lighting another candle."
~Rumi

If you found something peaceful here; a spark of understanding, a breath of calm, a little wave of joy. Then now imagine, if that same light reached someone sitting quietly in their darkness or someone waiting for a sign, for strength or simply for hope.

Your one small act as a share, a forward, a message; can become a **light wave** that travels across screens, across hearts, across the world.

Share this course with:

- A friend who's been feeling low lately.
- A parent or elder who gives so much and forgets themselves.
- A teen searching for purpose.
- A stranger who reminds you of your past self.

Because sometimes, **a share with care can change a life.**

This is how the *World Wellness Wave* truly spreads with one share, one smile, one healed soul at a time.

"Let your love be the wave that touches every shore."

(Go To Index)

SUPPORT THE WAVE

"The cost of this course is nothing more than your betterment."

However, if it brought you even a little light, love or clarity and you genuinely want to express your gratitude then just a cup of coffee would work.

And you can also contribute any amount from the heart to support more free global wellness programmes, courses and e-books.

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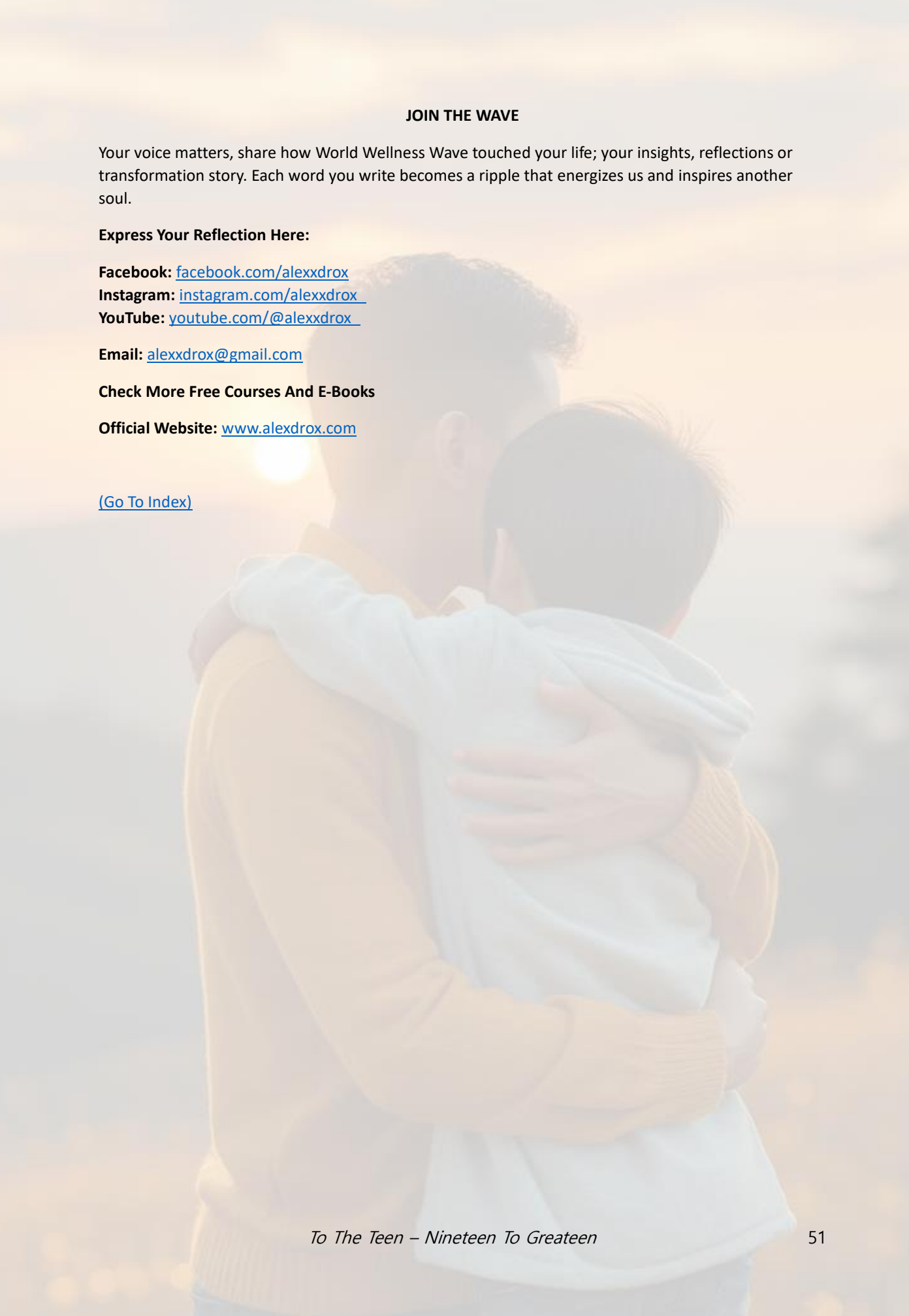

GRATITUDE

“Every wave begins with one heart and thank you for being that heart; for choosing joy, peace and love.”

— World Wellness Wave

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